

# TOWN OF BROOKLINE SENIOR NEWS AND EVENTS

Council on Aging

Published with help from the Brookline Multi-Service Senior Center Corporation

Brookline Senior Center  
93 Winchester Street  
Brookline, Massachusetts 02446



**Council on Aging Information Hotline**  
617-730-2777      617-730-2778  
**Senior Center      Van**  
617-730-2770      617-730-2750

**Brookline Council on Aging**  
[www.brooklinema.gov](http://www.brooklinema.gov)  
[www.brooklineseniorcenter.org](http://www.brooklineseniorcenter.org)

**Brookline Community Aging Network**  
[www.BrooklineCAN.org](http://www.BrooklineCAN.org)



## The Town of Brookline Senior News & Events Brookline Council on Aging

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APRIL 2020

## IMPORTANT NOTICE REGARDING THE BROOKLINE SENIOR CENTER

In order to proactively slow and reduce the spread of COVID-19 in our community, the Senior Center is **CLOSED TO THE PUBLIC** at this time.

The Brookline Senior Center will be monitoring its phone lines during the COVID-19 emergency. Older adults can leave their names and phone numbers on our voicemail at 617-730-2777 or 617-730-2770. Staff will be responding to questions and concerns Monday-Friday from 8:30 am-5:00 pm. Emergencies should be directed to 911.

In order to address the many questions and concerns that exist in the community, the Town of Brookline would like to share the following information :

For general COVID-19 questions, please call the State 2-1-1 line. For Brookline specific medical or public health inquiries, please contact the Department of Brookline Public Health at 617-730-2300. For non-medical questions specific to Brookline, please call the Brookline COVID-19 Information Call Center at 617-879-5636. These call centers, for the time being, will be operational Monday through Friday from 8 am 5:00pm, these hours will be adjusted as needed. Messages can be left after hours and will be returned the next day. You can also email your non-medical inquiries to [covid19info@brooklinema.gov](mailto:covid19info@brooklinema.gov).

For the most up to date information on the COVID-19 emergency, please visit the Town's website at <https://brooklinecovid19.com/>.

Please remember the importance of social distancing to reduce the impact of COVID-19, and please stay home as much as possible. Thank you!

## A NOTE ABOUT OUR APRIL EDITION

As you now know, the Senior Center is currently closed to the public in an effort to slow and reduce the spread of COVID-19 in our community.

Since we will not be hosting any of our special or ongoing programming in April, we had to get a little creative with our April newsletter. Our hope is that we can provide you with some necessary and helpful information during this unsettling and uncertain time and that we can also provide some suggestions on how you can have a little fun in the days ahead.

Even though we can't physically be together at the moment, please know that we are thinking of you all and we are trying to figure out ways that we can be "alone together" going forward.

We hope that you and your loved ones stay healthy and well in the days ahead and we look forward to celebrating with you all when we are able to safely reopen the Senior Center.

The social work staff will continue to check our voicemail and email in the meantime, so please don't hesitate to reach out if you need anything or if you would just like to say hello.

You can leave messages for us at 617-730-2777 or 617-730-2770. Be well!

### EXPLORE THE VIRTUAL "WORLD"

While practicing social distancing, we are all looking for things we can do at home. There are a lot of fun online options, here are a few of our favorites!

#### FREE PRINTABLE PUZZLES:

Crossword puzzles for Seniors:

<https://dailycaring.com/free-large-printcrossword-puzzles-for-seniors/>

STANDARD Crossword Puzzles:

<http://www.qets.com/index.htm>

FREE-FORM Crossword Puzzles: [http://](http://www.qets.com/crossword_puzzles.htm)

[www.qets.com/crossword\\_puzzles.htm](http://www.qets.com/crossword_puzzles.htm)

WORD SEARCH Puzzles: [http://](http://www.qets.com/crossword_puzzles.htm)

[www.qets.com/crossword\\_puzzles.htm](http://www.qets.com/crossword_puzzles.htm)

#### FREE ONLINE PUZZLES AND GAMES:

ONLINE CROSSWORD PUZZLES:

<http://www.onlinecrosswords.net/printabledaily-crosswords-1.php>

AARP REGISTER AND PLAY YOUR

FAVORITE ONLINE GAMES: [https://](https://www.aarp.org/ws/save-games.html)

[www.aarp.org/ws/save-games.html](https://www.aarp.org/ws/save-games.html)

FREE WORD GAMES: [https://](https://www.download-free-games.com/mobile/scramble-with-friends-free)

[www.download-free-games.com/mobile/scramble-with-friends-free](https://www.download-free-games.com/mobile/scramble-with-friends-free)

BRIDGE BASE ONLINE - Play Online

Bridge: <https://www.bridgebase.com/>

### VIRTUAL TOURS AND PERFORMANCES:

METROPOLITAN OPERA:

<https://protect-us.mimecast.com/s/4a8gCk715uQ9LBRS8wnF6?domain=metopera.org>

12 Museums From Around the World That

You Can Visit Virtually: [https://](https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours)

[www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours](https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours)

GOOGLE ARTS & CULTURE has over 500 virtual tours of museums around the world:

<https://archpaper.com/2020/03/google-arts-culture-over-500-virtual-museums/#gallery-0-slide-0>

### EDUCATION:

A Collection of Some of Each Day's Best Free Longform Journalism:

[www.longform.org](http://www.longform.org)

TED Talks: <https://www.ted.com/talks>

### RELIGIOUS SERVICES:

Many religious institutions have created online viewing options for their services at this time. Please check with your local religious affiliation for more information.

## STAYING FIT

We understand that staying active during these days of social distancing and limited space at home can be challenging, but it has never been more important. As we work to develop some "virtual" ways that we can exercise "together", here are some ideas to get you up and moving in the interim. Please check our website ([www.brooklineseniorcenter.org/](http://www.brooklineseniorcenter.org/)) in the coming weeks for updates on virtual exercise offerings.

### STRETCH!

BELOW IS AN EXCERPT OF COMPUTER & DESK STRETCHES BY BOB ANDERSON COPYRIGHT 1996, PRINTED WITH PERMISSION

### VIRTUAL EXERCISE OPTIONS

The YMCA is now offering a variety of FREE online groups and classes for people of all ages. Offerings include yoga, tai chi and classes specifically geared towards older adults. You do not need to be a member to access these videos:

<https://ymca360.org/>

PLANET FITNESS is offering FREE online home "Work-Ins" for anyone and everyone. Stay active with our trainers and even some surprise celebrity guests. To access these videos, go to: <https://www.youtube.com/channel/UCZ0PnRz4jx-OLZZ9XvGCiqfA>

As always, check with your physician before engaging in any exercise program to ensure that it is right for you.

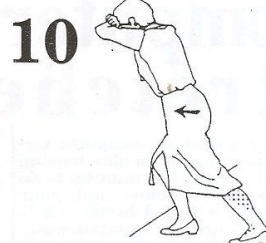


Gently tilt your head forward to stretch the back of the neck. Hold for 5-10 seconds. Repeat 2-3 times. Hold only tensions that feel good. Do not stretch to the point of pain.

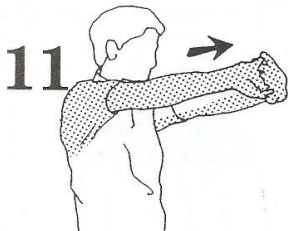
8  
Repeat stretch #3



9  
Standing with knees slightly bent, place your palms on lower back just above your hips, fingers pointing downward. Gently push your palms forward to create an extension in the lower back. Hold a comfortable stretch for 10-12 seconds. Repeat twice. Use this stretch after sitting for an extended period of time.



10  
To stretch your calf, stand a little ways from a solid support and lean on it with your forearms, your head resting on your hands. Bend one leg and place your foot on the ground in front of you leaving the other leg straight, behind you. Slowly move your hips forward until you feel a stretch in the calf of your straight leg. Be sure to keep the heel of the foot of the straight leg on the ground and your toes pointed straight ahead. Hold an easy stretch for 10-30 seconds. Do not bounce. Stretch both legs.



11  
Interlace fingers, then straighten arms out in front of you, palms facing away from you. Hold stretch for 10-20 seconds. Do at least two times.



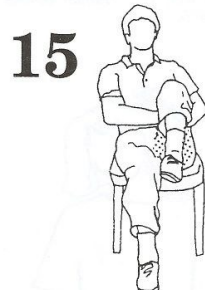
12  
Interlace fingers then turn palms upwards above your head as you straighten your arms. Think of elongating your arms as you feel a stretch through arms and upper sides of rib cage. Hold for 10-20 seconds. Do three times.



13  
Hold right elbow with left hand, then gently pull elbow behind head until an easy tension-stretch is felt. Hold 10-15 seconds. Do not overstretch. Repeat for other side.



14  
With fingers interlaced behind your back, slowly turn your elbows inward while straightening your arms. This is good to do when you find yourself slumping forward from your shoulders. Hold for 5-15 seconds. Do twice.



15  
Hold onto the back of your upper leg just above the knee. Gently pull bent leg toward your chest until you feel an easy stretch. Hold for 10-30 seconds at easy stretch tension. Do both sides.



16  
Sit with left leg bent over right leg and rest right hand on the outside of the upper thigh of the left leg. Now apply some controlled, steady pressure toward the right with your hand. As you do this, look over your left shoulder to get the stretch feeling. Hold for 10-15 seconds. Repeat for other side.

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## AN IMPORTANT NOTE ABOUT OUR PROGRAMMING

In order to proactively slow and reduce the spread of COVID-19 in our community, the Senior Center is **CLOSED TO THE PUBLIC** at this time. **When we reopen our doors, we hope that you will join us again for some of our wonderful health related programs. Stay well, friends!**



**Ask a Nurse Lynn Schuster,** RN, BSN, CDP, Clinical Nurse Liaison, Hebrew Senior Life Home and Community Based Services, visits the Center

monthly to answer your medical questions.



### Podiatry Clinic

Dr. McLoughlin provides ROUTINE foot care only (nail and callus trimming) twice a month at the Senior

Center. Dr. McLoughlin does not offer second opinions.



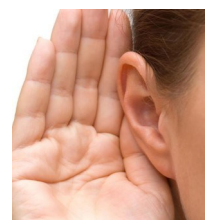
**Low Vision Group** This peer-led support group for individuals with limited eyesight meets monthly at the Senior Center.



## TRUSTED TRANSPORTATION PARTNER



**Blood Pressure Screening** Barbara Westley, the nurse from the Brookline Public Health Department (BPHD), offers a monthly blood pressure screening at the Senior Center.



**Brookline Hearing Services** The staff from Brookline Hearing Services visit the Senior Center once a month to provide hearing aid cleanings, maintenance and patient counseling at no charge.

They also sell all sizes of hearing aid batteries for \$5 per pack. All services are provided on a first come, first served basis.

TTP: Trusted Transportation Partner (formally known as ICARE): The Council on Aging's HELP program, though a "Trusted Transportation Partner" grant from ITNAmerica with support from Regeneron Pharmaceuticals, provides free transportation for Brookline residents to scheduled eye care appointments in the Greater Boston area. To access, please contact the HELP line at 617-730-2752 at least one BUSINESS WEEK before your scheduled appointment. **\*\*\*PLEASE NOTE: The program is still operational for current clients through use of the LYFT concierge program ONLY. We will not be taking new clients until the Senior Center reopens. Please also note that clients are encouraged to postpone these appointments if possible during this time as to stay as healthy as possible. Please still call the HELP line to leave your information for the waiting list.\*\*\***



## ASK A GERIATRICIAN

Dr. Suzanne Salamon, Chief Associate of Clinical Geriatrics at **Beth Israel Deaconess Medical Center**, answers your **general** questions about aging and geriatric medicine in this column every month. Editor's note: *If you have questions, e-mail them to me at [mdeery@brooklinema.gov](mailto:mdeery@brooklinema.gov) or call at 617-730-2790. I will make sure that Dr. Salamon gets the questions and answers them in the Newsletter.*

**QUESTION:** I was asked about the coronavirus and what we might expect here in the USA?

**ANSWER:**

According to the CDC, the disease which is causing the current outbreak of coronavirus has just been given a name by the World Health Organization-it is called COVID-19. It is one of a large group of viruses called coronaviruses. Coronaviruses cause a large number of all common colds in adults and children and have been around for a long time. They are common in animals, including cattle, cats, and bats. Rarely these animal viruses infect people, and then people can spread it to each other, which is what has happened now with this new coronavirus.

As with many viruses, the COVID-19 coronavirus spreads when a person with the virus coughs or sneezes and spreads droplets into the air. People are most contagious when they are the sickest. If you are within 6 feet of this person, one can become infected if these tiny drops land in our mouths or nose and are breathed into our lungs. Symptoms of the coronavirus can appear between 2 and 14 days of exposure.

Symptoms usually include fever, cough, achiness and shortness of breath. Runny nose is NOT a typical symptom. Symptoms can be very mild or severe. An unusual aspect of this virus is that people often have mild symptoms, feel better, and then suddenly take a sharp turn for the worse. While the vast majority of people recover uneventfully, some people become very ill, and some are unable to breathe without the help of a ventilator. A small percentage (less than 2 %) have died. Older people with underlying diseases are more likely to become sicker, because of a weaker immune system, which makes it harder to fight off the virus. While the flu or shingles vaccines are not effective against the coronavirus, having the flu or shingles further weakens the immune system in general.

For now, there is no vaccine to prevent coronavirus, but there is work ongoing to develop one. The best prevention is to avoid close contact (less than 6 feet, since this is the distance determined to be the longest distance the virus can travel after someone coughs or sneezes) with people, whether sick or healthy. This is because we don't know who actually may be infected with the virus and we may not even know they have it. The virus enters through your nose, so try not to touch your eyes, nose, and mouth, stay home if you are sick, cough into your elbow or tissue and then throw away the tissue and use wipes to disinfect frequently touched surfaces. Facemasks are recommended only for people who are sick to prevent the disease from spreading to others and for health care workers who care directly for patients. Wash your hands often with soap and water, or use hand sanitizer with at least 60% alcohol.

This is quite scary, but it too shall pass!

### COMING SOON: "ASK A GERIATRICIAN" BOOK

A compilation of articles by Dr. Suzanne Salamon, MD

## FROM THE DIRECTOR

Dear Friends & Neighbors,

The COVID-19 health crisis has dramatically impacted all of our lives. All citizens need to stay informed of the latest news and guidance and mandates from the Town of Brookline, the Commonwealth of Massachusetts and the Federal Government.

**Here are some links phone and email links to Town resources:**

**General COVID-19 Questions:** This line should be utilized to answer questions regarding interruptions in town services or any other miscellaneous requests for information.

**Phone:** 617-879-5636; **Email:** [covid19info@brooklinema.gov](mailto:covid19info@brooklinema.gov)

**Medical Questions Related to COVID-19:** All questions from residents who believe they may be experiencing symptoms or have other specific medical questions.

**Phone:** 617-730-2300; **Email:** [covidmedical@brooklinema.gov](mailto:covidmedical@brooklinema.gov)

**Volunteer Requests:** If you would like to volunteer to assist during the COVID-19 emergency, please fill out the online form at <https://www.brooklinema.gov/covidvolunteer>.

We at the Senior Center realize this is an extremely disruptive and scary time. We want to acknowledge that you may be feeling anxious, stressed and alone. **The Brookline Senior Center is here for you. We are working remotely. You can call our main number 617-730-2777 and one of our social workers will call you back.**

Everyone will start to feel the impact of social isolation. You can help yourself and others by making phone calls. Call the people in your exercise class or the people you sit next to at lunch. **If you don't have your friends' phone numbers, please call our main number 617-730-2770 to leave a message. We are coordinating asking permission to give out phone numbers.**

Also, please be sure to reach out to your neighbors, especially those living by themselves or people who may need some help or information about resources. This can be a good opportunity to be in touch with friends, neighbors and family.

As always, we are here for Brookline's older adults to learn about your needs and develop appropriate services and resources in this unusual time.

*Stay healthy.*  
*Ruthann Dobek, Director*



### GET YOUR DUCKS IN A ROW: THE BABY BOOMERS GUIDE TO ESTATE PLANNING

As you now know, we had to postpone our March 31 program with Attorney Harry S. Margolis due to the COVID-19 emergency. We are looking forward to rescheduling Attorney Margolis once we have reopened our doors and as his schedule allows. Please continue to check our future newsletters for additional information.

## FROM THE BOARD PRESIDENT

As a Brookline resident, I too am receiving the alerts to stay at home and maintain social distance due to COVID-19. The virus outbreak especially concerns me because of the potential impact on our vulnerable older adult residents. I want to share with you an important development to help keep you safe.

**The Brookline Senior Center is launching a new initiative called Neighbors Helping Neighbors.** We know how important social connections are to all people, especially as people age and may find themselves alone and more isolated. We want everyone to be aware of their less active and perhaps isolated neighbors, to reach out to them and offer neighborly interest and help if needed. A friendly phone call, a polite greeting outside, an offer to run an errand - these can make the difference between loneliness and a feeling of connection. Research shows that all parties benefit from such connections. If you'd like to be part of the Neighbors Helping Neighbors network, please call Brookline Senior Center's main number, 617-730-2777 or email our Volunteer Coordinator Patricia Burns at [pburns@brooklinema.gov](mailto:pburns@brooklinema.gov). Some people have already asked what they can do to help, and I thank you for being part of the solution. If you wish to support the Brookline Senior Center and to help fund our safety net programs and services, please visit <https://www.brooklineseniorcenter.org/> and click on "donate". Your contribution at this critical time is most appreciated.

While the Senior Center is temporarily closed, the staff are available to answer questions and address concerns. Leave a message at 617-730-2777 and your call will be returned. If you are having a medical emergency, please call 911. We will continue to communicate with you as the situation evolves. Thank you for your continued support of our mission and our work.

*Betsy Pollock, President*

Even though the Senior Center is currently closed to the public due to the COVID-19 emergency, we can still take a moment to recognize our wonderful volunteers who help to make the Center a warm and welcoming place!

## SPOTLIGHTED VOLUNTEER



Millicent Holder has been volunteering at the Brookline Senior Center (BSC) since October of 2017. Millicent is an integral member of the team responsible for mailing the monthly newsletters and many other mailings from the Senior Center and the Town of Brookline Human Resources Department. She enjoys this job and working with nice people who she finds easy to get along with. In addition to her volunteering, Millicent also enjoys jewelry-making, knitting and crocheting. Millicent has participated in job search workshops and trainings at the BSC and hopes to get a paid position outside of the Brookline Senior Center in the future.



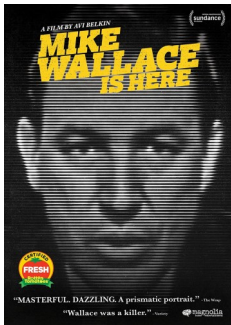
## MOVIE SUGGESTIONS

The following are movies that we had hoped to show at the Center in April. We still plan to show them **when the Senior Center reopens**, but we thought we would share them with you now in case you needed some movie inspiration in the days ahead.



### "Harriet"

The extraordinary tale of Harriet Tubman's escape from slavery and transformation into one of America's greatest heroes, whose courage, ingenuity, and tenacity freed hundreds of slaves and changed the course of history.



### "Mike Wallace is Here"

For over half a century, "60 Minutes" fearsome newsman Mike Wallace went head-to-head with the world's most influential figures. Relying exclusively on archival footage, the film interrogates the interrogator, tracking Mike's storied career and troubled personal life while unpacking how broadcast journalism evolved to today's precarious tipping point. **And guess who was born in Brookline? If you guessed Mike Wallace you are correct!**



### "A Beautiful Day in the Neighborhood"

Based on the true story of a real-life friendship between Fred Rogers and journalist Lloyd Vogel.

*Taken from <https://www.imdb.com/>*

## MEMORY CONNECTIONS CAFÉ



The Cafe is on hold until the Senior Center reopens. In the interim, people with memory loss and their caregivers can access some of the following virtual resources from home which we hope will keep everyone as engaged as possible:

### Alzheimer's Association's "Music Moments"

<http://alz.org/musicmoments/overview.asp>

### Virtual Tours of Museums Around the World

<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

### A Museum Exploration of the Met

(though stated for kids, it can most certainly be enjoyed by adults)

<https://www.metmuseum.org/art/online-features/metkids/explore>

### Science Friday

<https://www.sciencefriday.com/>

### How Stuff Works

<https://www.howstuffworks.com/>

The Cafe Coordinator is also happy to consult with Cafe participants on other ideas and to check in at 617-730-2753 or [jjensen@brooklinema.gov](mailto:jjensen@brooklinema.gov).

Also, if caregivers have questions in regards to best caregiving practices around COVID-19, please contact the Alzheimer's Association's 24/7 Helpline at 1-800-272-3900 or visit

[https://www.alz.org/help-support/caregiving/coronavirus-\(covid-19\)-tips-for-dementia-care](https://www.alz.org/help-support/caregiving/coronavirus-(covid-19)-tips-for-dementia-care)

## 2020 ANNUAL VOLUNTEER LUNCHEON

In order to prevent the spread of the COVID-19 virus and comply with the mandates of the Federal, State and local government agencies, **the 2020 Annual Volunteer Luncheon scheduled for April 22 has been postponed.** However, this does not mean that the staff and seniors are any less appreciative of the fantastic work, and the enormous amount of time and energy that all of our volunteers so generously give.

At this time I would like to share the result of the January 2020 survey sent to all volunteers regarding what you thought were the most important characteristics of an Age-Friendly Business and a few other demographic results as well.

Of the 376 surveys mailed out, we received an astounding 122 (32%) responses!

### **The features you deemed most important to qualify a business as Age-Friendly were:**

- Places for customers to sit and rest (68)
- A restroom that is clean, handicap accessible and open to the public (with toilets high enough for seniors) (47)
- Live customer service representatives available by phone (42)
- Wide, unobstructed aisles – wide enough for wheelchairs, walkers and 2 carts to pass each other (37)
- Others: good lighting (36); automatic doors (31); helpful, empathetic, patient, respectful, senior-sensitive trained staff (28); signs at heads of aisles and under products on shelves that are easy to read – high contrast, simple and large font (27); and clear sidewalks free of ice and snow (21).

### **Other suggestions:**

parking spaces designated for seniors; sidewalks not blocked by sandwich boards or tables and chairs; assistance bringing bags to cars; delivery of large or heavy items; a guide at entrance to large stores to direct patrons to correct aisle.

### **Demographics:**

**Age of volunteers who responded:** 71-80 (35); 61-70 (27); 81-90 (25); and 90+ (7)

**Years worked @ BSC as volunteer:** 1-3 (26); 5-9 (24); and 13+ (14)

**Type of volunteer work @ BSC:** Food Pantry (23); Craft Fair (12); Mailings (12); Gift Cart (11)

*A huge thanks to all who responded and to all of our volunteers!*

## ANNUAL TOWN ELECTION

### PLEASE CHECK THE TOWN WEBSITE FOR ADDITIONAL UPDATES

**PLEASE NOTE:** The following is the most current information available at the time of printing. **The Annual Town Election is currently scheduled to be held on Tuesday, May 5, 2020 however, this may change in the days ahead.** On any given election day, the polls open at 7:00 AM and close at 8:00 PM. The Annual Town Election ballot generally consists of the Town-wide offices and Town Meeting Members, from each of Brookline's sixteen precincts, that are up for re-election. For the latest information on the COVID-19 emergency and any related changes, please visit the Town's COVID-19 website at <https://brooklinecovid19.com/>.



## INCOME TAX UPDATE

### FEDERAL INCOME TAX

The date for filing your **FEDERAL income tax** return is now **July 15, 2020**.

For additional questions or information, please call 800-829-1040 or visit: <https://www.irs.gov/>

### STATE INCOME TAX

The date for filing your **STATE income tax** return is now **July 15, 2020**.

For additional questions or information, please call the Massachusetts Department of Revenue at 800-392-6089 or visit: <https://www.mass.gov/orgs/massachusetts-department-of-revenue>

## SUPPORT FOR ALZHEIMER'S CAREGIVERS

Given that the Senior Center is **currently closed to the public** in an effort to slow and reduce the spread of COVID-19 in our community, our Alzheimer's Caregiver Support Groups will not be meeting in person at this time. However, our wonderful facilitator Ted Sturman has offered to be available by telephone to support caregivers who are coping with the stress and demands of caring for a loved one who is struggling with Alzheimer's or another form of dementia. If you need support, please call Ted Sturman at 617-803-6105.

## A LITTLE BIT OF HUMOR

Two antennas got married. The wedding wasn't much, but the reception was great!

Hey, we did say a *LITTLE* bit of humor!

## 2020 US CENSUS IMPORTANT INFORMATION

You may be wondering why you received Census paperwork in the mail recently, especially if you have already completed your town census.

Well, the US Census, conducted every 10 years, is now underway and your response is not only required, but it is important.

The data collected helps to direct billions of dollars in federal funds to local communities for schools, roads, and other public services. It also helps to determine the number of seats each state has in the U.S. House of Representatives and your political representation at all levels of government.

To complete your questionnaire online, please visit <https://2020census.gov/> and enter the Census ID # provided on the form that you received. It should take you about 10 minutes to complete your entry. If you require additional assistance with completing your questionnaire, please call 1-844-330-2020.

## CALLING ALL GENEALOGY BUFFS!

In light of recent events, Family Tree Magazine is offering a FREE digital copy of their latest issue. Download yours here and please share with other family history lovers who might need something to pass the time!

Hope you enjoy it: <http://bit.ly/2UbEL0k>

## BROOKLINE SAFETY NET

A program of the Brookline Community Foundation in partnership with The Brookline Center, the Brookline Safety Net helps residents of Brookline and neighboring communities meet basic needs like food, housing, utilities, and transportation. Please call us at (617) 277-8107 to explore whether the Center can provide the care that meets your needs.



## AN IMPORTANT NOTE ABOUT OUR PROGRAMMING

When we reopen our doors, we hope that you will join us again for some of our wonderful programs listed below. Please remember in the meantime that **THE SENIOR CENTER IS CURRENTLY CLOSED TO THE PUBLIC** due to the COVID-19 emergency. Stay well, friends!

### ONGOING SENIOR CENTER EVENTS

#### Monday

8:30am-4:30 pm Fitness Center Open—  
Membership Required  
8:45-10:15 am Strength Training (2)  
10:30-11:30 am Poetry Workshop (3)  
10:30-11:30 am Senior STRETCH (2)  
12:00 noon Springwell Lunch (3)  
12:00-4:00 pm BETS  
12:30-3:30 pm Mah Jongg/Scrabble/Chess  
2:00-4:00 pm Open Computer Lab

#### Tuesday

8:30 am-4:30 pm Fitness Center Open—  
Membership Required  
9:00-12:00 noon Reiki Therapy (3)  
10:30 am Brookline Bees, Quilters  
11:00-11:45 am Tuesday Morning Dance Party  
12:00 noon Springwell Lunch (3)  
12:00-4:00 pm BETS  
12:00-1:00 pm French Conversation  
1:00 pm BINGO  
1:00 pm Movies for Film Lovers  
1:00-3:00 pm Computer one-on-one (3)  
2:00-3:00 pm Exercise for Health &  
Rejuvenation  
2:00-3:00 pm Yoga Chair Class (2)  
2:00-4:00 pm Food Distribution Site (hours  
approximate)  
3:00-4:00 pm Yoga Mat Class (2)

#### Wednesday

8:30 am-4:30 pm Fitness Center Open  
Membership Required  
8:45-10:15 am Strength Training (2)  
9:00-10:00 am Living Our Values  
10:00 am-12:00 pm TRIPPS office hours  
10:30-11:30 am Senior STRETCH (2)  
12:00 noon Springwell Lunch (3)  
12:00-4:00 pm BETS  
1:00-3:00 pm Scrabble

#### Thursday

8:30 am-4:30 pm Fitness Center Open -  
Membership Required  
9:30-11:45 am Drawing for Pleasure (3)  
9:30-11:30 am Art for Pleasure Class (3)  
10:30 am Arthritis Exercise (3)  
10:30 am Knit and Crochet  
11:00 am-1:00 pm TRIPPS office hours  
12:00 noon Springwell Lunch (3)  
12:00-1:00 pm Intermediate Spanish (3)  
1:00-3:00 pm Chess  
1:15-2:15 pm Beginning Spanish Class (3)  
2:00-4:00 pm Computer Technology Support (3)  
2:00-4:00 pm Open Computer Lab

#### Friday

8:30 am-4:30 pm Fitness Center Open-  
Membership Required  
9:00 am Bridge for experienced players  
9:00 am Rummikub  
10:30 am Current Events Discussion Group  
10:30 am Senior Chorus  
12:00 noon Springwell Lunch (3)  
1:00-2:30 pm Basic Computer Class in  
Spanish (3)  
1:00-2:00 pm Bootcamp for Seniors (2)  
1:00-5:00 pm Ping Pong  
2:00-3:30 pm Tai Chi (2)  
3:00-5:00 pm Chess  
3:30 pm Latino Instrumental and Vocal (3)

#### Registration Key

- (1) Held off-site, not at Senior Center
- (2) Registration required through Brookline Adult Ed (BA&CE) at 617-730-2700 or [www.brooklineadulted.org](http://www.brooklineadulted.org)
- (3) Registration required through Brookline Senior Center
- (4) Registration required through Brookline Recreation/Joshua Cooke at 617-730-2082.

## TRIPPS TRANSPORTATION UPDATES

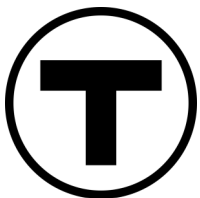
### BROOKLINE COUNCIL ON AGING'S NEW TRANSPORTATION PILOT PROGRAM WITH LYFT



During this time, while we encourage everyone who can to stay at home as much as possible, we realize

some will need to get to important medical appointments or to the grocery store and Lyft could be a good option for those who wish to avoid the T. **Please note, we are able to process applications via phone and email.**

This program offers 4 subsidized rides per month on Lyft to older adults in Brookline. The program is currently limited to income eligible seniors (60) and over (individual \$62,450 maximum: couple \$71,400 maximum). Lyft is a ridesharing transportation company that offers curb-to-curb service nationwide. The Brookline Program will offer four discounted rides per month of up to \$10 per ride. The passenger will pay the first \$2; the coupon will pay up to the next \$10. The coupon will automatically download each month into the Lyft app on your smartphone. This option will be available 24/7 without any restrictions on miles or pick up location. **For more information, contact Maria Foster, Community Outreach Specialist for the Council on Aging at (617)730-2644 or [mfoster@brooklinema.gov](mailto:mfoster@brooklinema.gov).**



### MBTA UPDATE

The MBTA has announced service cuts to all lines and the C, B, and D lines will be running on a reduced schedule. Currently, the

**Charlie Card store is open Monday - Friday from 8:30 - 5:30pm but customers should check service updates at [mbta.com](http://mbta.com).** You can renew Charlie Cards by calling the Charlie Card Store at (617)-222-3200. The Ride is running its normal service at this time.

### IMPORTANT INFORMATION FROM THE RMV

All Class D and Class DM driver's licenses, ID cards, and Learner's Permits that have expired or are expiring between **March 1, 2020 and April 30, 2020, will have a 60-day extension applied to the current expiration date.**

This deadline extension will not apply to customers with Commercial Driver's Licenses (CDLs) or those whose end of stay in the United States is the same as the expiration date on their driver's license, ID card, or Learner's Permit. The RMV is not providing updated credentials to reflect the extended date.

This does not apply to vehicle registrations at this time. Most vehicle registrations can be renewed online at [Mass.Gov/RMV](http://Mass.Gov/RMV).

### The RIDE Eligibility Center (TREC) UPDATE

TREC's office location will be closed effective Monday, March 23, 2020 until further notice.

All existing customers with eligibility expiring before June 1 will be granted automatic eligibility extensions. We will continue to monitor if further extensions are needed.

TREC is in the process of contacting all customers with upcoming appointments. No customers will be required to visit TREC for an in-person interview.

New and existing customers that meet the necessary criteria will be granted temporary medical necessity. This process will be managed remotely by TREC and not require an in person interview.

**TREC will continue to operate remotely and be available for all eligibility related questions** during their existing operating hours of Monday to Friday from 8 am-5 pm.

For more information on these changes, visit the RIDE website at [mbta.com/theride](http://mbta.com/theride).

## GALLERY 93

### PHOTOGRAPHS BY ERIC MYRVAAGNES

Due to our temporary closure during the COVID-19 emergency, we are hoping to extend the run of Eric's beautiful exhibit. Please stay tuned for more information.



Image: *Low Tide, Plum Island*

### TOP FIVE TIPS FOR MENTAL HEALTH DURING QUARANTINE:

1. Remember to breathe. Slowly and deeply. Slowly in through the nose, and out.
2. Try to be in touch with at least one person each day by phone or video chat. Even a quick two minute conversation can help!
3. Try to move your body! Even light exercise like a few stretches or a walk around the block can make a big difference.
4. If you can, try to emerge out of your front door each day. Even if it's just for 30 seconds, this can make a big difference.
5. Name and validate your emotions. Whether we are in strange or normal times, there is no right way to feel. Naming your feelings, self-validating them, and sharing them with someone are helpful ways of moving past those feelings.



**Mindfulness Corner:** Amidst our efforts to slow the spread of COVID-19, we are all practicing social distancing. This can also be a time for use to reflect on ourselves and our relationship with the world. The following story, discussion, activity, and meditation are adapted from William Martin's excellent book *The Tao of Forgiveness*, which features parables and accompanying discussions, activities, and meditation. All focus on building our capacity to mindfully reflect on the way we think about and interact with the world.

## Already There

There is nowhere to go for forgiveness

*For many years, John would come and stand in front of the gate marked "This Way to Forgiveness." It was a large wrought-iron gate in an electrified fence. Both gate and fence were marked with a large, ominous sign that warned: "Danger - High Voltage!"*

*But John kept coming back. He could see through the gate into a paradise of green forests, cascading streams, and fertile fields. The sight of such nurture and luxury just out of reach made life on his side of the gate more and more miserable. He looked around at the wilderness on his side and felt a deep despair at the parched, barren landscape. He longed to get across the fence, through the gate, somehow to gain entrance to the paradise beyond.*

*Finally one day he realized that he would rather be dead than continue to live with such torment. Taking a deep breath, he reached out and pushed against the electrified bars of the gate. It swung open easily, no shock, no searing current. He stood transfixed for a moment, then slowly walked through the open gate into the welcoming fields.*

*The warm sun fell on his face and the gentle breeze soothed the warmth just enough. Delicious smells drifted into his nose and his eyes took in a land even more beautiful than what he had seen through the bars. Sighing in relief, he turned to look back at the wilderness from which he had escaped and saw nothing but the same beautiful countryside as far as the eye could see - no fence, no gate, no wilderness.*

**Discussion:** The human brain is marvelous. It sorts and categorizes the world, categorizing every new experience by making connections with the wealth of memory it has stored. The categories by which we come to understand the world can be referred to as the "conditioned mind." Always present, the conditioned mind is the lens through which we view all of our experiences. When we are aware of the role our perspective plays in shaping our understanding of the world and ourselves, we can see what is happening around us and within us even more fully. Sometimes, this can even change the meaning of an experience or allow us to notice something we had previously held at arm's length. In this way, we can continue to grow our selves.

**Activity:** When you find yourself sitting or walking, you may notice that your gaze tends to shift downwards. Challenge yourself to notice when this is happening and to physically look up. When you do, try to do the following

1. Notice where you are right now in this moment
2. Notice where you just were in your mind

Choose one object nearby to you and focus on it, noticing everything you can about its shape its color, and anything else you can see.

**Meditation:** Is there a gate between myself and joy?, Am I forever outside or am I already home? Do I need forgiveness or am I already forgiven? Do I need to forgive, or merely open my eyes?

## FOOD RESOURCES

PLEASE NOTE THAT RESOURCE INFORMATION PROVIDED ON THIS PAGE WAS CURRENT AT THE TIME OF PRINTING. BECAUSE THIS IS A RAPIDLY EVOLVING SITUATION, INFORMATION MAY CHANGE QUICKLY. PLEASE CALL THE NUMBERS PROVIDED FOR UPDATES.



### BROOKLINE FOOD PANTRY

15 St. Paul Street, St. Paul Church

Wednesday: 3 PM - 6 PM

Thursday: 11 AM - 2 PM

55A Egmont Street, Community Room

Thursday: 3 PM - 7 PM

Saturday: 10 AM - 1 PM

226 High Street, Community Room

Tuesday: 3 PM - 7 PM

Phone: (617) 800-5339

**PLEASE NOTE:** The Brookline Food Pantry will remain open but will be implementing the following emergency procedures:

Clients will no longer be allowed to enter the pantry for shopping or to drop off donations. Clients may wait at the pantry doors during open pantry hours to receive pre-packaged bags of perishable and non-perishable food items. Clients do not need to present ID cards in order to receive free food and do not need to call ahead. Documentation is not required to receive food.

If you are unable to safely go to the Food Pantry to pick up your food, please contact Kate Jovin at 617-730-2751 or [kjovin@brooklinema.gov](mailto:kjovin@brooklinema.gov) about the possibility of home delivery.

### SPECIAL SHOPPING HOURS FOR SENIORS



At this time, a number of grocery stores have set aside **special shopping hours for seniors (60 and older) and other at-risk customers.**

See below for the current list:

#### MARKET BASKET

5:30-7:00 AM on Tuesdays, Wednesdays, and Thursdays. Phone: 978-851-8000

#### ROCHE BROS.

7:00- 8:00 AM daily. Phone: 781-235-9400

#### SHAW'S & STAR MARKET

7:00- 9:00 AM on Tuesdays and Thursdays. Phone: 781-963-6995 (Shaw's); 508-313-4000 (Star Market)

#### STOP & SHOP

6:00-7:30 AM daily. Phone: 1-800-767-7772

#### WHOLE FOODS

8:00- 9:00 AM daily. Phone: 1-844-936-8255

#### TARGET

First open hour on Wednesdays. Phone: 857-317-5220

#### WALMART

6:00-7:00 AM on Tuesdays. Phone: 1-800-925-6278



#### TRADER JOE'S

9:00-10 AM daily. Phone: 617-278-9997

### MUTUAL AID BROOKLINE Network

If you are a high risk individual and need food, medication, or other necessities delivered to you, please reach out directly at (617)-651-1468 or [MutualAidBrookline@gmail.com](mailto:MutualAidBrookline@gmail.com)



## AVOIDING CORONAVIRUS SCAMS

Here are some tips to help you keep the scammers at bay:

Hang up on robocalls. Don't press any numbers. Scammers are using illegal robocalls to pitch everything from scam Coronavirus treatments to work-at-home schemes.

Ignore online offers for vaccinations and home test kits. Scammers are trying to get you to buy products that aren't proven to treat or prevent the Coronavirus (COVID-19) online or in stores. At this time, there are NO FDA-authorized home test kits for the Coronavirus.

Fact check information. Scammers, and sometimes well meaning people, share information that hasn't been verified. Before you pass on any messages, contact trusted sources.

Know who you're buying from. Online sellers may claim to have in-demand products, like cleaning, household, and health and medical supplies when, in fact, they don't.

Don't click on links from sources you don't know. They could download viruses onto your computer or device.

Do your homework when it comes to donations, whether through charities or crowdfunding sites. Don't let anyone rush you into making a donation. If someone wants donations in cash, by gift card, or by wiring money, don't do it.

This information was taken from the Federal Trade Commission website. To learn more, please visit their website at:

<https://www.consumer.ftc.gov/features/coronavirus-scams-what-ftc-doing>

## BROOKLINE BEES



The Brookline Bees are meeting online weekly while the Center is closed. While we want to keep everyone safe, we also want to stay connected! It is fun to chat together and share what we are working on at home. Feel free to join us. Write to [brooklinebeehive@gmail.com](mailto:brooklinebeehive@gmail.com) for connection details.

Here are a few suggestions for things to do in the meantime at home:

1. Make masks for nursing homes and any friends who might need them. Masks are in short supply for purchase, but you can make them easily. See instructions at <https://freesewing.org/blog/facemask-frenzy/>.
2. Make an easy blanket from fleece. It is possible to buy fleece online and have it delivered to you. It comes 60 inches wide. Cut it to the size you want, fringe the ends if you wish. No sewing required. Regular washing will kill germs and viruses.
4. Repair clothing—fix tears, fix ripped seams, shorten those slacks.
5. Stay well, and keep in touch with others by phone and online meetings.

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## VOLUNTEER INFORMATION ON OUR WEB PAGE

<https://www.brooklineseniorcenter.org/>



In order to prevent the spread of the COVID-19 virus and comply with the mandates of the Federal, State and local government agencies, **the 2020 Annual Volunteer Luncheon scheduled for April 22nd has been postponed.** However, this does not mean that the staff and seniors are any less appreciative of the fantastic work, and the enormous amount of time and energy that all of our volunteers so generously give. In the coming days we will depend on volunteers more than ever. As of March 19th our priority volunteer needs are:

- **Springwell Home Delivery Meals on Wheels' Drivers**

At this time, Springwell is seeking volunteers who are willing to provide home delivery of meals. Springwell is an essential part of the social safety net for thousands of older adults each year, and they are continuing to provide the services that are helping seniors stay safe and in their homes during this challenging time. We especially need volunteers who can work in the towns of Belmont, Brookline, Newton, Watertown, and Waltham.

If you are interested in receiving training and support to help us reach vulnerable seniors with critical in-home meals; have a reliable car, a current driver's license, and a clean driving record; are available between 10 am – 1:00 pm; are able to provide these services, consistent with guidance we receive from the CDC, WHO and other governmental agencies, recognizing you may come into contact with high-risk members of our community and others; and are successfully able to meet the regulatory pre-requisites for the position, please contact us! Email [volunteer@springwell.com](mailto:volunteer@springwell.com) to start the process; or go online and apply to volunteer at [www.springwell.com/volunteer](http://www.springwell.com/volunteer).

- **Town of Brookline**

If you would like to volunteer to assist during the COVID-19 emergency, please fill out the online form at <https://www.brooklinema.gov/covidvolunteer>.

- **Senior Center** – we are glad to hear that you are committed to community assistance. We will keep your name and contact information on file and will call upon you in the future as needed.

### Moving? Downsizing?



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[karen@movemaven.com](mailto:karen@movemaven.com)



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## READING RECOMMENDATIONS

Since our monthly book groups are on hiatus until the Senior Center reopens, we asked Tom Faulhaber, Charlotte Millman, and Batia Bloomenthal to share some of their book group recommendations with us. We hope that some of the titles presented here are new to you and that you will add them to your “what to read next” list.

### BOOK PICKS FROM CHARLOTTE MILLMAN & BATIA BLOOMENTHAL

**The Sense of An Ending** by Julian Barnes

This slim novel, clocking in at 163 pages, won the 2011 Man Booker Prize for fiction. It is a thriller, a tragedy, a story of suicide and scandal, and a carefully crafted look at the nature of aging and memory.

**The Great Gatsby** by F. Scott Fitzgerald

Revisit this classic of the roaring twenties (and its dark underbelly) and follow up with one of its many film adaptations!

**Our Souls at Night** by Kent Haruf

Booklist Starred Review: “Addie Moore has lost her husband, and one day she boldly invites a neighbor, widower Louis, whom she does not know well, to come spend the night sleeping with her (chastely, just so that she may have someone to talk to and confide in during those particularly lonely early-morning hours)...”

**Guernsey Literary and Potato Pie Society** by Mary Ann Shaffer and Annie Barrows

In 1946, a village of farmers on the British island of Guernsey write letters telling a London journalist how they survived German occupation during World War Two. #1 Bestseller, now a film on Netflix.

**Dark Tide: The great Boston Molasses Flood of 1919** by Stephen Puleo

The true story of the 1919 disaster that killed 21 people in the City of Boston. Was it the work of anarchists, or negligence by the molasses tank’s owner?

**Looking for more? Charlotte also recommends works by Maya Angelou, Jane Austen, Toni Morrison and Barbara Pym.**

### BOOK PICKS FROM TOM FAULHABER

**Capitalism without Capital: The Rise of the Intangible Economy** by Jonathan Haskel and Stian Westlake (Princeton University Press)

**Factfulness: Ten Reasons We're Wrong About the World — and Why Things Are Better Than You Think** by Hans Rosling, Anna Rosling Rönnlund and Ola Rosling (Flatiron Books | Macmillan Publishers)

**The Road to Somewhere: The Populist Revolt and the Future of Politics** by David Goodhart (Hurst Publishers | Oxford University Press)

**21 Lessons for the 21st Century** by Yuval Noah Harari (Spiegel & Grau | Random House, LLC)

**A Bright Future: How Some Countries Have Solved Climate Change and the Rest Can Follow** by Joshua S. Goldstein and Staffan A. Qvist (PublicAffairs | Hachette Book Group)

**Zucked: Waking Up to the Facebook Catastrophe** by Roger McNamee (Penguin Press | Penguin Publishing Group)

**The Fifth Risk** by Michael Lewis (W.W. Norton & Company, Inc.)

**Ghost Work: How to Stop Silicon Valley from Building a New Global Underclass** by Mary L. Gray and Siddharth Suri (Houghton Mifflin Harcourt)

**Truth in Our Times: Inside the Fight for Press Freedom in the Age of Alternative Facts** by David E. McCraw (All Points Books | Macmillan Publishers)

## BROOKLINE PUBLIC LIBRARY UPDATE

The Public Library of Brookline is making a wide range of resources available to members online, including virtual access to reference librarians, while its facilities are closed due to the COVID-19 outbreak.

Remote services will include a variety of digital versions of beloved library programs, including virtual storytimes, craft-along activities and more. In addition, members will have the opportunity to connect with the library's reference staff via chat and email.

For a full list of digital resources available on the library's website, including ebooks, movies, music, databases and more visit: <https://www.brooklinelibrary.org/elibrary/online-resources/>

Check out our article regarding some of the library's wonderful resources on page 29.

## DID YOU KNOW?



It is believed that April is named after the Greek goddess of love, Aphrodite. In the Roman calendar, the fourth month, April, is spelled Aprilis, meaning "to open."

April's honorary flowers are daisies and sweet peas, and the birthstone for people born in April is the diamond—one of the hardest substances on earth. Diamonds are said to bring all kinds of benefits to their owners, supposedly leading the wearer to experience better relationships and an increase in inner strength.

## HANDICAPPED ACCESS

The Town of Brookline does not discriminate on the basis of disability in admission to, access to, or operation of, its programs, services, or activities. If you need special accommodations, contact the Council on Aging at 617-730-2777.



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The program is on hold and will not be loaning or accepting any equipment until the Senior Center reopens. To access similar outside resources, please leave a message at 617-730-2753 or email Jamie Jensen at [jjensen@brooklinema.gov](mailto:jjensen@brooklinema.gov).





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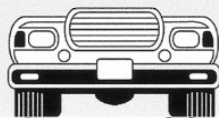
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## FREE WORD GAMES

Check out some fun, FREE online words games on Merriam-Webster's website: <https://www.merriam-webster.com/word-games>

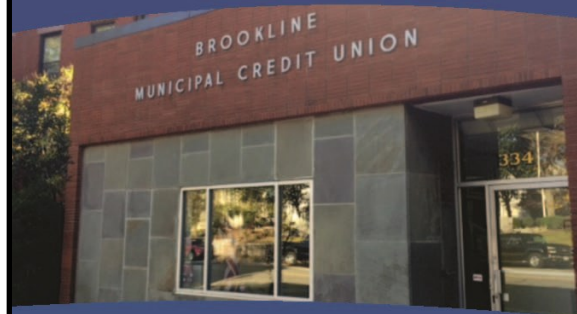


## HERE'S AN IDEA!

If you are financially able to do so, why not purchase a gift card from a local business that you frequent to help them stay afloat while their doors are closed?

You can use it yourself when the business reopens or you can gift it to someone else. Either way, it is a nice chance to help support the larger community during this challenging time.

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# BROOKLINE SENIOR CENTER

## GENERAL PREPAREDNESS TIPS FOR EMERGENCY SITUATIONS\*



Emergency defined in the dictionary is a serious, unexpected, and often dangerous situation requiring immediate action.

One should be prepared for all types of emergencies

whether it's a blizzard, earthquake, pandemic, etc. There are basic tips to help keep you safe. The following tips are important for all households to consider.

The Town keeps its citizens informed by pushing out important information through its **Alert Brookline** notification system. Although you may already be subscribed to the system, please visit <https://www.brooklinema.gov/Alert> to update the system with your contact information and the ways you prefer to receive important information.

**For Coronavirus (COVID-19) Updates visit:**  
<https://brooklinecovid19.com/>

### General Preparedness Tips

- Store a two-week supply of water and food. Remember to consider your pet's food needs as well.
- Periodically check your regular prescription drugs to ensure a continuous supply in your home.
- Have any nonprescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, vitamins, band aids, flashlights, batteries and a portable radio.

### General Preparedness Tips (cont.)

- Get copies and maintain electronic versions of health records from doctors, hospitals, pharmacies and other sources and store them, for personal reference. Get help accessing electronic health records.
- Talk with family members and loved ones about how they would be cared for if they got sick, or what will be needed to care for them in your home. Also consider any pet care needs that you may have.

**Stay tuned to local news for updates.**

### General Tips for Good Hygiene during Flu and Cold Season Limit the Spread of Germs and Prevent Infection

- Avoid close contact with people who are sick.
- When you are sick, keep your distance from others to protect them from getting sick too.
- Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
- Washing your hands often will help protect you from germs.
- Avoid touching your eyes, nose or mouth.
- Practice other good health habits.
- Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

In the event that the Senior Center and other public community buildings are closed, up-to-date information will be available on the town's website: [brooklinema.gov](https://brooklinema.gov). The Senior Center main phone lines 617-730-2770 and 617-730-2777 will also have updated messages.

*\*Taken from: Ready.gov The official website of The Department of Homeland Security, where you can find even more helpful tips and information*

## AN IMPORTANT NOTE ABOUT OUR SENIOR SERVICES

In order to proactively slow and reduce the spread of COVID-19 in our community, the Senior Center is **CLOSED TO THE PUBLIC** at this time. Please **CAREFULLY REVIEW THE INFORMATION BELOW** to see which services are available while the Center is closed.

If you have any questions, please call 617-730-2777. Stay well, friends!

### **BETS (Brookline Elder Taxi System)**

During the COVID-19 emergency, please contact Maria Foster at 617-730-2644 or email her at [maria@trippsmass.org](mailto:maria@trippsmass.org). with any transportation needs or questions.

**Brookline TRIPPS** Looking for alternative transportation options to driving or have a specific question about the MBTA/The Ride, Uber/Lyft or medical transportation? Contact Maria Foster at 617-730-2644 or email her at [maria@trippsmass.org](mailto:maria@trippsmass.org).

**BLAB** Please note that the Brookline Legal Assistance Bureau Program is not operating while the Senior Center is closed. When the Center reopens, our wonderful volunteer attorneys will once again be available at a designated time to consult on legal matters.

**SHINE** While the Senior Center is closed during the COVID-19 emergency, SHINE counselors Sonia Wong, Steve Maas and Sybil Levisohn are offering telephone appointments to help individuals explore their health insurance options. To schedule a telephone appointment with a SHINE counselor, please call 617-730-2777 and leave your name and telephone number and we will call you back to schedule a time.

**REAP** The Retirement Engagement Alternatives Program has replaced the old JOBS program. This program is based on working together to help YOU occupy your retirement! Contact Deidre Waxman at 617-730-2767 or email: [dwaxman@brooklinema.gov](mailto:dwaxman@brooklinema.gov)

While The Senior Center is closed, the REAP program will be open for business. Please call or email us with questions.

**HELP** The Home and Escort Linkage Program finds trained, dependable workers to house-assist individual seniors with such tasks as meal preparation, errands, house cleaning, and shopping—for an affordable rate. All workers are trained and screened by the HELP staff. To get HELP, call 617-730-2752.

**PLEASE NOTE: During the COVID-19 emergency, the HELP program is still operational for current clients, but we will not be taking new clients or hiring new home care workers until the Senior Center reopens. Please still call the HELP line to leave your information and to be placed on the waiting list.**

**CARE** The Brookline Council on Aging provides Brookline families free respite/ companionship through our CARE Program (Caregiver Assistance Relief Effort). CARE operates under the auspices of the existing HELP Program. CARE aids Brookline caregivers who need a break from caring for an older adult family member. Respite/ Companionship does not include personal care, such as dressing and bathing or medication administration. This service allows caregivers to have time for themselves, while leaving family members in the care of trained home care workers. Thanks to State Senator Cynthia Stone Creem and the Executive Office of Elder Affairs for their grant that supports this program. For more information or to participate, please call HELP Program Staff at 617-730-2752.

**PLEASE NOTE The CARE program is also still operational for current clients, but will not be taking new clients until the Senior Center reopens. Please still call the HELP line to leave your information for the waiting list.**



## BROOKLINE PUBLIC LIBRARY'S FREE MEDIA

With self-quarantine and social distancing in full swing, we all have time to catch up on reading, listening, and watching. While the Brookline Public Library is CLOSED for the time being, there are still plenty of resources that can be accessed by patrons from the safety and comfort of home.

Are you a music fan? Library patrons can listen to more than 1.8 million music tracks on the Naxos and Marco Polo Music Libraries – including the world's largest online classical music library. Hoopla, which can be accessed via the web or on apps for iPhone and Android, gives immediate access to new releases.

If you're a cinephile, Kanopy is a streaming film service with content from the Criterion Collection, PBS, Kino Lorber, and even educational material from Great Courses! Hoopla, truly an app for all seasons, offers a selection of films as well.

If you're an e-book reader or audiobook listener, Hoopla also gives instant access to downloadable audiobooks. OverDrive/Libby, the digital media catalog, has the largest collection of audiobooks, with the majority of popular new releases. These catalogs also have ebooks, for people who read on tablets or e-reader devices!

Magazine maven? Pressreader and Flipster, accessible at home by Brookline residents, contain newspapers and magazines from all around the world, including offerings in Chinese, Russian, and Spanish.

Here are the links through which you can access these terrific resources:

<https://www.brooklinelibrary.org/elibrary/music-movies/>

<https://www.brooklinelibrary.org/elibrary/e-books/>

<https://www.brooklinelibrary.org/elibrary/online-resources/>

## VIBRANT ASSISTIVE TECHNOLOGY PROGRAM



The Massachusetts Association for the Blind and Visually Impaired (MABVI) will offer Access Technology training over the phone while we are practicing social distancing.

We provide specialized technology training for anyone with blindness or low vision to help you keep in touch with friends and family, monitor health or fitness, read, and more. With many community programs moving to virtual meetings, we can teach you to use these technologies to stay connected to your community.

The VIBRANT Access Technology program is offered in partnership with the Centers on Aging and the Brookline Senior Center.

If we can be of assistance, please call Rachel Castle at 617-608-4150, Jerry Feliz at 857-443-6636, or email [ATCenter@mabcommunity.org](mailto:ATCenter@mabcommunity.org). We look forward to working with you soon.

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Car: \$800

Gas: 18 cents/gallon

Bread: 8 cents/loaf

Milk: 34 cents/gallon

Eggs: 33 cents/dozen

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Postage Stamp: 3 cents

Average Annual Salary: \$1,900



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*Help BROOKLINE SENIORS age with dignity and respects*

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**The Brookline Senior Center is a 501(c)(3) non-profit organization.**

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**Membership is not needed. All are Welcome!**



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**617-971-5310 or [BrainStim@hsl.harvard.edu](mailto:BrainStim@hsl.harvard.edu)**

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